



# AVE

February 2020 Saint Mary's AVE Vol. 89 No. 2

*"Greetings Mary, full of grace."*

The Episcopal Church of Saint Mary - Falmouth, Maine



## 2020 Couples Checkup

### Inside this edition



Life is all about relationships. This is the fundamental understanding that undergirds every aspect of our Christian lives. The goal of this human journey is to live in healthy relationship with God our Creator, with ourselves, with those people placed in our lives, and with the rest of creation. There is no relationship in your life that falls outside the scope of God's redemptive grace.

As we all know, our intimate and committed relationships play a disproportionately large role in our overall health and well-being. God longs for these relationships to be healthy, and it is the Church's responsibility to turn God's dream into reality here on this earth.

Therefore, Saint Mary's is giving YOU a free gift that will help your most important human connection to be healthy and strong. It is called **The Couple Checkup**. Saint Mary's has paid the upfront fee that allows each couple to access this website throughout the month of February. There is no cost to you and nothing to lose. And it does not matter what "type" of couple you are – living together, newly dating, engaged, married, gay or straight. If you are a couple, whatever category you might fall into, this relationship tool is for you.

**The Couple Checkup** is online at [www.couplecheckup.com](http://www.couplecheckup.com). At this website, each couple will click on "Create Couple Account" and will enter this voucher code to waive the regular fee: **2020 Couple Checkup**. Then each partner will login separately to answer the questions independently and honestly. The result is a comprehensive report that identifies where you agree and disagree with each other. There are no right and wrong answers in this process. The goal is harmony within your relationship. Only the two of you will ever see this report.

This entire process is based on 35 years of relationship guidance provided by the Prepare-Enrich company. They have assessed millions of couples and have strong data behind their process. I have used their system since 2002 and have never found a couple who disagreed with the overall perspective of their report.

There are 3 primary goals of **The Couple Checkup** process:

1. Celebrate your strengths as a couple
2. Identify issues you may need to resolve
3. Provide a reason and tools to talk about your relationship

To support this drive toward relational well-being, throughout February, I will be leading a discussion of **The Four Words for Love** during our **Formation** time on Sunday mornings (9:30 to 10 AM). The schedule looks like this: Feb 2: **Storgé** – Affection; Feb 9: **Philios** – Friendship; Feb 16: **Eros** – the Gift of Intimacy; Feb 23: **Agapé** – Unconditional Love

Everyone is invited to these Conversations and Coffee in the Auditorium. Because relationships are of such bedrock importance in our lives, I am excited for us to have these meaningful discussions together.

Remember: it's February. It's the heart of winter! Please take this opportunity to invest time and energy in growing your relationship. You have nothing to lose and much to gain. I promise that the effort invested to increase the health of your most important human connection will bring many benefits. Don't miss this opportunity.

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*Nathan W. Ferrell +*

# Intercessory Prayer as a Force Field

by Merle Marie Troeger

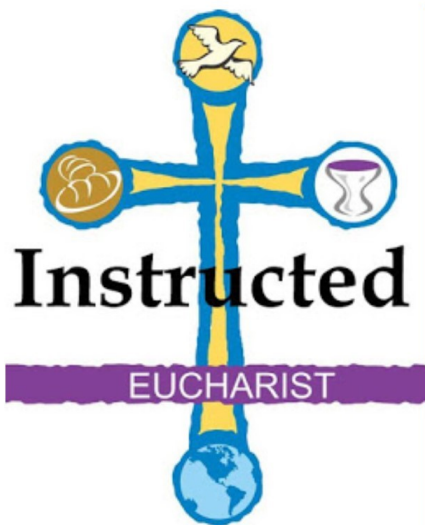
I'm not a Trekkie, but it seems like the Star Trek TV series often featured a "force field" that was impenetrable. With a little internet research, I found out that really isn't what a force field is. Instead, it is a way to picture the effect that electric charges have on one another. A force field is created in the space around the positive charge.

So when a friend recently told me that he likened the experience of being prayed for after his stroke as a "force field," it made me draw a mental picture. If I imagine the intercessory prayers offered by his church, his community and his friends as electrons, I begin to develop an image in my mind. I see all those prayers, like electrons, clustering toward the positive charge.

I don't know if my image makes sense in the world of physics, but it helps me get at the feeling my friend was describing. The knowledge that people were drawn to him in prayer lifted him up, buoyed his spirits, gave him hope and promoted his recovery. His theology of intercessory prayer was irrelevant. He was the center of prayer intentions for his healing, and he knew that in the depths of his soul. He was surrounded by a force field of power and prayer.

So my advice is not to worry too much about whether intercessory prayer "works." As the Nike ad used to say, "just do it." Lifting a prayer for those on our prayer list on Sunday or those on our e-mail prayer vine is like those electrons. They cluster in that force field of attraction, humming with energy. Rather than being impenetrable, the prayer force field has room for countless prayers. And when you tell someone "I'm praying for you," you don't have to explain. It's just simple physics.

Be the  
Positive  
charge



## Instructed Eucharist

February 9 and 16  
at 8 and 10:15am

Why do we worship as we do?  
What do all the parts of the Eucharist mean?

In place of the sermon, Fr. Nathan will take two Sundays to explain the Divine Liturgy in detail—the origins, meaning and purpose of each component. It may feel a bit choppy, but this is a proven method for all of us to learn and understand more about this Way of Life given shape in the Hoy Eucharist.

## Make a Joyful Noise: Stewardship 2020

On January 26, we celebrated our annual meeting with many joyful noises. First at the worship service with the choir and the bell ringers sharing their musical gifts. followed by a wonderful brunch and parishioners of all ages enjoying time together. We heard the clinking of dishes, cups and mugs as the attendees composted their leftovers and plates into the various bins!

Thank you to everyone who has pledged so far. We have 103 pledging households totaling \$231,393 in pledge commitments for 2020. We have about \$60,000 left to make our stewardship goal, and we have a number of households who have not pledged yet.

If all of those parishioners pledged \$10/week, we would easily make our goal.  
*Thank you!*



CELEBRATE

HONOR

SERVE

# Vestry Highlights from the Wardens

by Janet Bowne

The Vestry met on January 15, 2020. Father Nathan called the meeting to order and led a teaching moment on Abba Antony who lived to be at least 100 years old and is considered to be the founder of the Christian monastic tradition.

Our Treasurer, Ben Parks-Stamm, presented the year-end numbers that were just completed. The year ended on a positive note. We had projected a deficit earlier in the year but generous donors, successful fundraisers, good budgeting and thoughtful spending helped to turn 2019 into a good financial year.

Pledging is coming along and several Vestry members are making reminder calls.

The Vestry discussed the busy Christmas season.

The Christmas pageant was great. Christmas Eve 6 p.m. service attendance was surprisingly low. The Christmas Eve soloist was fantastic. Choral Arts performed a concert on 1/3. Our choir participated. It was a wonderful event but not well attended. We should think about the timing for 12/24 services and consider shifting to 3 and 5 p.m. family services to balance attendance.



Janet Bowne, Jr. Warden and Jim Kane, Sr. Warden

Senior Warden Jim Kane thanked everyone for being a great vestry and to their families for making time so each can serve. Saint Mary's is doing well. He promised to stay involved.

## Highlights from January 26 Annual Meeting

Thank you to all the people who helped make our Annual Meeting a success.

Following a delicious brunch, Father Nathan and Megan Akers, Guiding RAY Director, invited all assembled to think about why we value Christ's presence in our lives and write the answer on strips of paper which will become a banner.



We then held the business meeting. We thanked Jim Kane, the outgoing Senior Warden, and four departing Vestry members: Maggie Gardner, Len Taylor, Ed Ainsworth and Peter Fitch. We also passed a bylaw change that allows the option for Vestry members to serve two consecutive terms instead of being limited to one term.

We elected new Senior and Junior Wardens, Janet Bowne and Aaron Splint, as well as three new Vestry members: Thom Pettingill, Rick Hirschman, and Will Salomon. Thanks to the Outreach Committee for demonstrating the new recycling system.

## Ash Wednesday, Feb 26, 2020

The Ash Wednesday Liturgies will be as follows:

**12noon:** The Ash Wednesday Liturgy in the sanctuary

**4:00pm:** Ash Wednesday Gathering for Families & Children in the Chapel

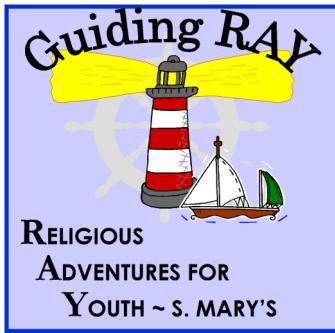
**6:00pm:** The Ash Wednesday Liturgy with choir in the sanctuary

**FAMILIES!!** At 4:00 pm on Ash Wednesday, Father Nathan will hold a special Children's Service. It will be approximately 30 minutes long and will include an imposition of ashes and hands-on teaching about Lent. It is specially designed to be *child friendly*.





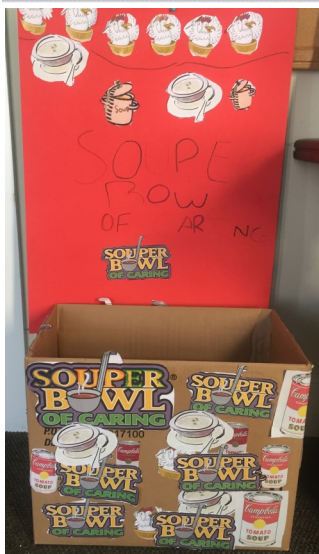
# Christian Formation- RAY Beams - February 2020



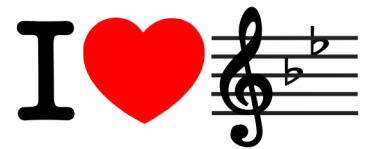
During the month of January, the kids in Guiding RAY learned about Moses and how God protects His people. God had a plan for Moses, and God promised to be with him just as he promises to be with us.

- We floated down the Nile with Moses in a basket, and God was with us.
- We spoke with God through a burning bush, and God gave us courage.
- We learned about the plaques and how God protected His people.
- And as we traveled through the desert, we heard the Godly Play story of The Ten Best Ways.

Thank you to Heather Teng, Maggie Gardner, Emily and Ben Rogers, and Jill Stevenson for leading this rotation.



For the outreach component of Guiding RAY, this January we learned about hunger and how we can help those in need. For the 3rd year in a row, we participated in the Souper Bowl of Caring by collecting cans of soup for our friends at the Falmouth Food Pantry. Through this mission, we have learned what it is like to make a positive difference in the world - as we worked to collect food for the hungry and gain compassion for those in need. Thank you to all those parishioners who joined us in being a part of this movement that is sharing God's love.



All Saint Mary's children are welcome to join Maria Belva in the Guiding RAY rooms on Sunday mornings from 9:30 until 10:00 to sing together. You may join us every week or just sometimes; you are always welcome! We learn songs for fun and for fellowship. There will be times when we rehearse for specific services, and there may be an extra rehearsal or two. Please come!

Here's  
what is  
coming up  
in February  
2020

## The Miracles of Jesus

Following Jesus had to be simply amazing. He was always doing the impossible! During this rotation kids will learn through Jesus' miracles that God is strong enough to save them and give them eternal life.

**Jesus Calms a Storm   Jesus Feeds a Crowd   Jesus Opens Eyes   Jesus Defeats Death**

**WANTED**  
Sunday School  
Leaders

## Being involved with Guiding RAY has some amazing benefits:

- The joy of learning from being with children
- Meeting new people
- Growing in faith
- The chance to make a difference in a young person's life!

Please Contact Megan Akers to find out more about being involved with Guiding RAY

**Guiding RAY Coordinator:** Megan Akers: *Director*, [GuidingRAY@smary.org](mailto:GuidingRAY@smary.org), 415-4260

# Christian Formation - RAY Beams - February 2020



The Ignite group is looking forward to our two meetings in February (February 9th and 23rd). On the 9th we will be brushing off our Bible skills with a new game - Bible Pictionary! We're also going to be joining our families for Eucharist so please save us a seat.

Over the next few weeks, we will be learning more about Communion before we transition into Lent. We look forward to seeing everyone and please feel free to reach out to Will or Michelle if you have any questions.



**REACH: Reaching In, Reaching Out, Reaching God**

**March 20-22, 2020 at Christ Church Episcopal in Gardiner  
For Middle Schoolers in 6-8 Grade**

Kids in grades 6-8 are invited to spend the weekend playing games, doing a service project, making friends, eating awesome food, and worshipping God. We will reach inside ourselves to understand who we are right now, reach out to our community to help other people live out who they are, and reach to God through song and worship to find who we are called to be.



**A special shout out of thanks to the Ignite group for making us all an awesome breakfast at Coffee Hour on January 5!**



Serving the High School youth in the communities of Portland, Falmouth, Freeport and everything in between.

Visit [www.younglifecb.com](http://www.younglifecb.com) or call Jordan Droge at 805-453-1999

## **SAVE THE DATES!**

**Feb 26, 4pm: Family Ash Wednesday Service  
Feb 27, 5pm: Ice Skating at Twombly Pond**

## **Community Service Hours**

Volunteering at Saint Mary's is a great way to earn community service hours.

- ♦ Volunteer in the Nursery
- ♦ Assist in a Guiding RAY classroom
- ♦ Weeding, raking, yard work
- ♦ Join Outreach (first Tuesday of each month at 4:30pm)
- ♦ Acolyte

**Teen  
VOLUNTEER  
OPPORTUNITIES**



**Talk Early, Talk Often...Keep Talking  
About Substance Use to Keep Kids Healthy**

### **WHAT TO SAY**

**Preschool:** "Vitamins are to keep you healthy, but only take what I give you."

**Elementary School:** "It's dangerous to take somebody else's medicine, it could make you sick. Only take what your doctor chooses for you."

**Middle/High School:** "Your brain is still developing until age 25 and alcohol and drugs can cause harm."

Base drug and alcohol messages on facts, not fear. Teens want to know the science.

*Tip of the Month*



**Parents are the #1 influence in a child's life. It's not too early to talk with your child.**

**Casco Bay CAN**

**CREATE AWARENESS NOW  
TOGETHER, PREVENTING YOUTH SUBSTANCE USE**

[www.cascobaycan.org](http://www.cascobaycan.org)

A grant funded project sponsored by  
Cumberland County Government  
Cumberland County



# Learning and Growing together

## COMMON GROUND



An informal time from 5-to-7 PM on Thursday evenings for **“building authentic, vibrant, Christ-centered community.”** Each week we share a potluck meal in the Auditorium and learn together. The presentation time begins around 5:45 PM, but drop in anytime throughout the two hours for a free potluck dinner. Open to all people.

### February Discussions

#### **FEB 6: Casco Bay CAN and teenager stresses**

Watch the movie “Breaking Points” and discuss issues with being a teen today.

#### **FEB 13: “Now What?” MaineWorks**

Margo Walsh and Joanne Arnold join us with a slide show and discussion of substance use disorder recovery efforts at MaineWorks.

#### **FEB 20: The Divine Comedy of Dante**

Parishioner, Wallace Ragan, shares his passion for this spiritual classic. Wallace taught Classics, Greek and Latin at an Episcopal school for decades. Come, learn!

#### **FEB 27: Ice Skating - Rescheduled !**

The whole parish and friends are invited for one final skate at Twombly Pond, and to enjoy hot cocoa.

## FORMATION



Our Sunday Formation is time for all to grow together as we build **“authentic, vibrant, Christ-centered community”** in this place.

Everyone is invited to gather at 9:30 in either of two groups – a prayerful group in the Chapel, and a discussion group in the Auditorium.

**BE STILL** in the Fr. James Chapel: Meditations & Discussions focusing on the Beatitudes (see page 7) led by Merle Marie Troeger, Becky Pride, and Jennifer Gregg

### **COFFEE & CONVERSATION**

#### **The Four (Greek) Words for Love**

2/2 – **Storgé** – Affection

2/9 – **Philia** – Human Friendship

2/16 – **Eros** – the Gift of Intimacy

2/23 – **Agapé** – Unconditional Love

If you have a group that you would like to facilitate or to see offered, please speak with Fr. Nathan or your Wardens at any time.

## **Other Weekday Opportunities for Worship and Learning**

### **Be Still: Guided Centering Prayer: Monday evenings at 5:30 PM**

The busyness of our lives can be mentally, emotionally and spiritually draining. All the more welcome to the soul, then, are moments devoted to quiet communion with God. We hope that you will leave the chapel with sought-for peace, calm and renewal. Please join us! FMI: Jennifer Gregg, jenniferanngregg@gmail.com

### **Wisdom Seekers: Bible Study on Tuesday mornings at 10:30 AM**

Every Tuesday morning, a group gathers to study the Scriptures appointed for the upcoming Sunday. It is a great way to prepare oneself for Sunday. Some stay afterward for NoonDay Prayer. All are welcome to join the group at any time.

### **Merton Group: Spiritual Formation on Thursdays at 3 PM**

The “Merton Group” is a small, spiritually diverse, inquisitive, tolerant, open- minded, and supportive group of “seekers.” Each week we pray, read aloud from a chosen book, reflect, question, and grow. Feel free to learn more or test the waters.

**Seeking... a Wooden Table and Chairs** Are you downsizing and hope to find a good home for your outdoor set? Do you know of a set that might be available from someone else? Can you picture it outside in the alcove next to the Chapel?

## “Be Still” contemplates the Beatitudes on Sundays

Our Sunday contemplative formation time will continue at 9:30 most Sundays in the chapel. We'll consider the meaning of the “Blessings” as they are found in the Gospel of Matthew. They come from a long discourse Jesus gave that became known as “The Sermon on the Mount.” In a world in which blessings flow to the wealthy, the powerful and the self-sufficient, Jesus turns those values up-side down. He claims that the poor in spirit, the meek and the peacemakers, among others, are the ones who are truly blessed. We'll consider one beatitude a week from now until Lent. Feel free to join us for some or all of these reflections. (If you have questions, contact Jennifer Gregg, Becky Pride or Merle Marie Troeger.)

February 2    Blessed are the pure in heart  
 February 9    Blessed are the peace makers  
 February 16    Blessed are those who are persecuted for righteousness' sake  
 February 23    Blessed are you when people revile you and persecute you



## Calling all books for Saint Mary's Outreach BOOK, BREAD & SOUP SALE SATURDAY, March 28, 2020 (note new date!) We need your books!!

Books may be left on the floor outside the storage room at any time.....but PLEASE NO text-books, encyclopedias or magazines.

On March 8th the “Book Sale” will be hosting coffee hour and there will be sign up sheets to help with the sale and we will have samples of the breads that will be sold during the sale. If you would like to help sort books prior to the sale, please contact Betsy Stoddard ([jbstod@myfairpoint.net](mailto:jbstod@myfairpoint.net)) or Jan Mordarski ([janmordarski@gmail.com](mailto:janmordarski@gmail.com)). It is one of the easier volunteer jobs at St. Mary's, in that you can come in when you want and stay for as long as you have time!!

To donate books, help sort books, lead a section, or if you have any questions, contact: Betsy Stoddard at [jbstod@myfairpoint.net](mailto:jbstod@myfairpoint.net) or Jan Mordarski at [janmordarski@gmail.com](mailto:janmordarski@gmail.com)



### ***Bakers, Set-up Hosts & Cleaners Needed.***

Please sign up to help with Coffee Hour. There are three positions: **Baker** (bring a baked good and some fruit anytime during the weekend),

**Set-up/Host** (put out the *already purchased* cheese and crackers, juice, coffee mugs, and the Baker's contribution),

**Clean-up** (tidy things up, put tables away and run the dishwasher). If you are an early bird, or need to head home after Church, maybe set-up is best for you. Not an early-bird? Maybe clean-up afterwards works better for you ! :) We all love coffee-hour. Thanks for your time. Sign-up sheets are outside the Guild Room. Thank you. FMI contact Sarah or Tim Caven [thcaven@gmail.com](mailto:thcaven@gmail.com)

# Outreach Ministry - All Ages Serving Near and Far



## WALK OR RUN FOR HABITAT

JOIN THE Saint MARY'S TEAM!

Friday, April 10, 2020

Walk or Run anytime between 7am and 3pm

FAMILY AND PET FRIENDLY!

Participate alone, as a family, or part of the Saint Mary's Habitat Team! Whether you approach this as "good works," a pilgrimage, or spending quality time in God's creation with family, friends and neighbors, participating in the Good Friday Walk/Run for Habitat for Humanity will be a wonderful and oh, so very appropriate way to spend time on Good Friday.

You have your choice of walking or running 3, 5, 10 or 20 mile loops, all leaving from Cumberland UCC church, any time from 7 and 3 pm!

Indicate your interest in walking or running on the sign-up sheet outside the Guild Room! Brochures and on-line registration information will be forthcoming! FMI: [jenniferanngregg@gmail.com](mailto:jenniferanngregg@gmail.com)



## Saint Mary's Parishioners support Family Promise

### Parishioners Deliver Meals for 12 Homeless Families on January 22

In a great response to this new mission opportunity, a powerful team of Saint Mary's finest cooks supported twelve homeless families harbored at Falmouth Congregational Church by providing a full supper on January 22. Many thanks to Judith Fergin, Alice Brock, Toosie Smith, Merle Marie Troeger, and Susan Conway who offered a delicious repast of chicken, a vegetable, mashed potatoes, bread and pies for these families in need.

Family Promise families are housed at Falmouth Congregational Church for a week, four times a year, and Saint Mary's has signed up to provide at least one meal each of those weeks, including: May 6, August 6 and October 28. Each cook delivers the portion of the meal they prepare to Falmouth Congregational between 5 and 5:15pm on the day of the dinner, offering a main course, a side, salad or dessert.

There are ways to volunteer with our friends at Falmouth Congregational on these dates other than providing food. If eating is your thing, you can dine with the families! If you like, you can play games, chat, color or help with homework with the kids. And if you don't mind spending a night at church and helping get our guests in the van in the morning, there are spots for that as well. Also needed are those who can help launder sheets, sort sheets and set up beds.

If any of these opportunities speak to your heart, please contact Jennifer Gregg, [jenniferanngregg@gmail.com](mailto:jenniferanngregg@gmail.com) And remember, this opportunity comes around only four times a year! FMI: Visit [www.greaterportlandfamilypromise.org](http://www.greaterportlandfamilypromise.org)



## Souper Supper: February 14 and 28

Enjoy this community-wide fellowship offering, dining in a relaxed, candle-lit atmosphere. You will be feted with a complimentary main course, salad, rolls, dessert and beverage.

Wonderful for singles and families alike!

Offered twice each month on the 2nd and 4th Fridays from 5-7 PM in the parish

house. No reservations required. Just bring your family and friends and enjoy! It's a blast!

*And a Classic Cinema offering will be shown on the second Friday night of the month: Feb. 14*



**Support "Souper Supper" Buy "Coffee by Design" Coffee!**

Medium to robust coffees: Casco Bay, Black & Tan and Rebel Blend  
"Coffee by Design" 12 oz. bags of ground fair-traded, organic, delicious coffees are on sale at Saint Mary's for \$10 a bag (Decaf is \$11). ...and support fair trade practices ...and a locally-owned business... and get GREAT organic coffee! Win! Win! Win!



## Outreach Ministry - All Ages Serving Near and Far

### Speakers Discuss Their Path From Addiction to Recovery

Staffers at the Portland Recovery Community Center, all in recovery, told their stories last month at the fifth in Saint Mary's series on the opioid crisis. They came from different backgrounds – one a police officer, one from a family of physicians, one a beautiful young woman who became homeless after alcoholism gradually took over her life. Some came from families rife with addiction who swore they would never become addicted themselves. Some tormented their distraught families who couldn't understand what was happening to their child.

Leslie Clark, the executive director of the PRCC and also in recovery, said she and the others were the 10 percent of people whose brain chemistry prevents them from controlling their drinking or occasional drug use. They all found hope and a path to recovery when they were welcomed at the PRCC. The speakers also said the stigma surrounding the disease, which has often been cited at Saint Mary's presentations as a major roadblock to recovery in suburban areas like Falmouth, prevented them and their families from asking for help. During the question and answer period, Falmouth Police Chief John Kilbride announced that Officer Kathy Oelschlegel is available to members of the community to confidentially help them with their struggles with the disease. Ms. Clark emphatically thanked Saint Mary's for its commitment to educating the public about substance use disorder, which affects us all, directly or indirectly.

On Sunday, April 26, Suzanne Fox, executive director of The Yellow Tulip Project, will be the featured speaker at "Facing and Overcoming Stigma," the sixth program in the Outreach Committee series "Responding to Maine's Opioid Crisis: Education, Compassion and Community." The presentation will be from 4-6 p.m.



### Caring for God's Creation -

Saint Mary's continues to seek ways to make composting and recycling easier. You will soon see some changes as we reduce the number of small trash receptacles in the auditorium and kitchen and replace them with clearly designated bins for composting and recycling. Virtually everything that we use at Saint Mary's can be composted (all food, soiled paper plates, napkins, kleenex) and the rest can be recycled. Almost everything else except plastic wrap, plastic bags or plastic tablecloths as the pliable plastic jams the sorting equipment. Indeed, after the Annual Meeting, the only item that went into the trash was the thin plastic! All it takes is a bit of thought on the part of parishioners and groups that use Saint Mary's campus. Let's make the dumpster a relic of the past! Thank you for doing your part to help us be ecologically and fiscally responsible! Your "Green Team": Jennifer Gregg, Bonny Rodden, Dana Madison, Marian McCue, John Henson



### Scarves, neck warmers, & hats from S. Mary's

On behalf of the Falmouth Food Pantry and its clients, Nancy Lightbody gratefully accepts scarves Saint Mary's parishioners made during the Fall 2019 Mission Morning and delivered by John Brooks.

For over 30 years, the Falmouth Food Pantry has been serving the needs of citizens in Falmouth and surrounding communities (Cumberland, Yarmouth, Portland, and Westbrook).

*FYI: The colored collage of food & flowers in the background was made by our young people and given to the Pantry several years ago. Nice job, kids!*

## Lenten Music at Saint Mary's

During the Lenten season, we enter into a more introspective period of the church year. The choir is situated in the chancel, and we often sing *a cappella* pieces appropriate to the season, such as Thomas Tallis' *Out From The Deep* and Jean Berger's *The Eyes of All Wait Upon Thee*. We also sing the psalms using the ancient practice of singing plainchant. So it is appropriate, that on March 1 at 4:00 pm, the choir will celebrate the first Sunday in Lent with a choral evensong, in which Gerald Near's *Magnificat and*



*Nunc Dimittis* based on Plainsong themes will emphasize this season of meditation. The evensong will also include a wonderful Anglican chant setting of psalm 32 and Edward Elgar's beautiful anthem *Ave verum*.

For the third Sunday in Lent, we are pleased to sing an anthem by a former choirmaster/organist of Saint Mary's: George L. Whitney (July 25, 1917-August, 2013). His setting of Psalm 67 is perfect for the Lenten season, and it is wonderful to celebrate the gifts of our parish family from years ago. George Whitney graduated from the Guilman Organ School at First Presbyterian Church, New York, served in World War Two, and then graduated from

Bowdoin College. While at Bowdoin, he was the college organist.

While organist/choirmaster at Saint Mary's, he attracted the attention of the Merrill sisters, a popular women's trio in the area, which included Marge Divine. The older sister, Dorothy, fell in love with the talented choirmaster, and they were married at Saint Mary's in 1951.

Dorothy has kindly donated the choral compositions of Mr. Whitney to Saint Mary's, and we are pleased to safeguard his musical heritage.

## 2020 COUPLE CHECKUP

FREE for all Saint Mary's couples in February, no matter what type.

Done on your own time, at your own pace, in your own space.

Make time this winter to strengthen your relationship.

- Go to [www.CoupleCheckup.com](http://www.CoupleCheckup.com) & select "Create Couple Account"
- Enter this 3-part Voucher code: 2020 Couple Checkup
- Enter your first names and emails to create your account
- Create your password. Share this and your Account Number with your partner.
- Complete the assessment.
- Have your partner login and complete the assessment also.
- View your results and discuss





## Shrove Sunday, February 23, 4-6PM

All ages are called to gather together in the Auditorium for a fun evening of food and dance. The Rev. Tom Mousin will be our live caller. Pancakes and food will be available from 4 to 6 - come anytime.

We'll burn last year's palms and bury the Alleluias! It's our time to feast and celebrate in Mardi Gras style before Lent begins!

FAMILIES! SINGLES! COUPLES! FRIENDS! NEIGHBORS!



Have you seen Saint Mary's new sign?  
Check it out! More visible and correct!  
We can dream of those summer hours!



# News, Notes, Kudos, Dates & Reminders

(Send your 1-3 line notes, announcements or thanks to Beth at [admin@smary.org](mailto:admin@smary.org) by the 20th of the previous month)

Thank you to Janet Bowne, Melissa Kane and all who helped prepare the annual meeting brunch, to all who donated fruit, breakfast treats and muffins and to those who stayed and cleaned up - especially Dana Madison.

**Merci**

**yay!**

Thank you to Melissa Kane for serving as a temporary clerk for the meeting!

Thank you to Bonny Rodden and the Outreach team for their help in educating the parish on our recycling effort. Bonny stationed herself at the clearing station to show how easy it is to sort leftovers into the bins.

**T  
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S!**

Thank you to Kim Davis for her flexibility in her Common Ground presentation on Trauma and how we can be a supportive parish to those affected by the many kinds of life traumas. Look for rescheduling details.

Thank you to Betsy Parks-Stamm for her Common Ground presentation on prayer and self regulation. Fascinating!

Thanks to Merle Marie & Tom Troeger for leading Thursday Chapel Eucharist when Fr. Nathan was away. Wonderful!

*Dear Saint Mary's parishioners,*  
I very much appreciate the Christmas check from the Saint Mary Parish that I received in December. Such kindness is very much treasured.  
Bruce Fithian

**Kudos to Chuck Horton and Hugh Smith for installing a beautiful new set of fireplace doors in the Rectory. Very helpful & better safety!**

Thanks to your generous offerings at our Christmas liturgies, we were able to donate \$2276 to life-saving ministries in the Holy Land.



**AFEDJ**  
American Friends of the  
Episcopal Diocese of Jerusalem



**Realm** is Saint Mary's new church database software program. It's how we track parishioners' address, emails, contributions, committees, meetings, and so much more. One of the features of **Realm** is **you** may have access to your own information or 'Profile' from address to donations.

**But first, you have to accept the invitation ! It's in your email Inbox from Notifications @ [onrealmmail.org](mailto:onrealmmail.org). If you haven't received the Invitation to join our online community, please contact Beth Shaw at [admin@smary.org](mailto:admin@smary.org)**

***Church Leaders! Save the Date: February 11 at 4:30  
for our next Parish Council Meeting***

**Life Line Screening**, a leading provider of community-based preventive health screenings, is pleased to offer a preventive health event at Episcopal Church of Saint Mary the Virgin on 2/21/2020. Five screenings will be offered that scan for potential health problems related to: blocked arteries which is a leading cause of stroke; abdominal aortic aneurysms which can lead to a ruptured aorta; hardening of the arteries in the legs which is a strong predictor of heart disease; atrial fibrillation or irregular heart beat which is closely tied to stroke risk; and a bone density screening, for men and women, used to assess the risk of osteoporosis. Register for a Wellness Package which includes 4 vascular tests and osteoporosis screening from \$149 (\$139 with our member discount). All five screenings take 60-90 minutes to complete. **There are three ways to register for this event and to receive a \$10 discount off any package priced above \$129, please call toll-free 1-888-653-6441 or visit <http://lifelinescreening.com/communitycircle> or text the word circle to 797979**





Here are some important dates in our  
Saint Mary's parish family

## Happy February Birthdays to:



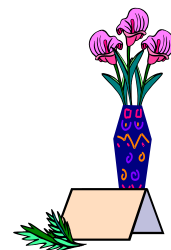
2	Tatjana Connors	9	Griffin Rhoades		
2	Joe Herlihy	9	Mark Winter		
2	Regina Raeke	10	Katie Bryant	19	Ellie Winter
3	Valerie Kyros	10	Tim Kearins	21	Colby Becker
4	Terry Brown	11	Janet Corey	21	Aaron Demers
5	Winston Corbett	11	Penny Daborn	21	Riley Ross
5	Connie Dayton	11	Connor Lund	21	Hailey Talbert
5	Delilah Hastings	13	Sydney Young	23	Anna Dougan
5	Thom Pettingill	14	Harry Fast	24	Monique Brown
6	Maggie Holt	14	Lisa Novak	24	Jordan Otte
7	Spencer Funk	15	Polly Parks-Stamm	24	Will Salomon
7	Caleb Robinson	16	Elise Allen	25	John Frongillo
7	Emma Robinson	16	David Farnum	26	Nikki Evans
8	Ed Ainsworth	16	Bob Timberlake	27	Rose Claar
8	Chris Thomas	17	Cian Connors	27	Lauren Hourihan
8	Nadine Timberlake	17	Teddy Orestis	27	Michael McIntosh
9	Luke Brown	18	Erica D'Alberto	28	Jack Heinzman
9	Matthew McGonigle	19	Tim Follo	28	Blair Lindberg

*We'd love to include good wishes on your birthday and anniversary. If we don't yet have the dates, please send your and your family's special dates into the parish office and we'll be sure to include them on your special month. admin@smary.org or call 781-3366 or drop a note to the church. Thanks!*

## Happy February Anniversary wishes to:



4	Cindy & Chuck Horton
26	Charnette & David Chadwick
28	Barbara & Michael Payson

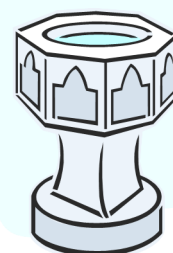


## WELCOME TO OUR NEWLY BAPTIZED: JANUARY 12

**Ada Rose Carbone Fulton**

**born March 7, 2019**

*Ada Rose is the daughter of Matt & Natalia Fulton  
and the little sister of Eloise and Marlena*



# The Episcopal Church of Saint Mary Worship Leader Schedule: February - March 2020

If unable to fulfill your scheduled duty on the assigned day, please find your own replacement and inform Beth in the office of the change, 781-3366

	8am Ushers	8am EM/Lectors	10:15am Ushers	10:15am Lector	10:15am Euch Minister	10:15am Acolytes	Altar Guild	Altar Flowers	Flower Delivery	Coffee Hour Host
<b>2-Feb Epiph 4</b>	Charlie H Greg U	Elise	Ryan S Harry D	Andres MH	Stan Maggie	Emily S Nat L	Mary S, Mary L Barbara	Katie P	Hortons	B= Angela K
<b>9-Feb Epiph 5</b>	Jim K Len T	Lad	Aaron S Tom L	Betsy S.	Will Justice	Sarah K	tbd	Onnie & Jan W	Stoddards	B = Connie D.
<b>16-Feb Epiph 6</b>	Ed A Rayle A	Mary Ann	Ron F Mark B	Marian	Betsy PS Justice	Kevin, Kyle & Lauren L	tbd	Jessica L	Dawn & Noah	OPEN
<b>23-Feb Epiph 7</b>	Baer C Al A	Len	Chuck H Tim C	Jennifer	Nadine Terry	Nat L	tbd	Melissa K	Hortons	OPEN
<b>26-Feb</b>			12noon EM	6pm usher	6pm EM			Lent		
<b>Ash Wed</b>			x	x	x			Bare		
<b>1-Mar Lent 1</b>	Charlie H Jennifer	Greg	Dawn Y Ryan S	Ginny	Jim S Will	Sarah K	tbd	Bare Altar	~	OPEN
<b>8-Mar Lent 2</b>	Charlie H Greg	Al	Tom L Harry D	Erin	Andrea M-H Stan	Rebecca M	tbd	Bare Altar	~	BBS Coffee Hr
<b>15-Mar Lent 3</b>	Charlie H Jim K	Becky	Joyce V Len V	Ben S??	Justice Nadine	tbd	tbd	Bare Altar	~	OPEN
<b>22-Mar Lent 4</b>	Charlie H Len T	Elise	Aaron S Tom L	Dawn	Terry Betsy PS	tbd	tbd	Bare Altar	~	OPEN
<b>29-Mar Lent 5</b>	Charlie H Baer C	Lad	Tim C Ryan S	Linda E	Will Jim	tbd		Bare Altar	~	OPEN
<b>5-Apr Palm</b>	Rayle A Ed A	Mary Ann	Dawn Y Tom L	Maureen	Maggie Stan	Sarah K		Palms	~	Hot Cross Buns Stoddards



God Is







Love

# February 2020

The Episcopal Church of Saint Mary



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>2 Presentation / Candlemas</b> 8 Contemplative Eucharist 9:30 Formation for All 10 Guiding RAY classes 10:15 Choral Eucharist  <b>SOUPER BOWL OF CARING</b>	3 12 Noonday Prayer 5:30 <b>Be Still</b> in Chapel	4 7:30 BNI 9:30 Art Group 10:30 Wisdom Seekers 11 12-Step in LL 12 Noonday Prayer 12:30 Staff meeting 4:30 Executive Comm 7 in Aud; AlaTeen in LL 7 AIAnon (6 Beginners)	5 9 Mainely Weavers - in Auditorium 12 Noonday Prayer 5 TOPS meeting 6 ORI 6 SinG rehearsal in Aud.	6 12 Chapel Eucharist 1 CARE meeting 3 Merton Group 4:30 Outreach <b>COMMON GROUND</b> 5-7 Potluck Dinner 5:45 Presentation "Breaking Points" Teen stress 6 Dowisers in GR 7 SM Choir rehearsal	7 Office closed 12 Pray where you are 5:30 Alanon	2/1 9-3 AIAnon Workshop in Aud 2/8 9-5 St Alban's Vestry retreat 9-3 SM Staff & Vestry Retreat
<b>9 Fifth Sunday of Epiphany</b> 8 Contemplative Eucharist 9:30 Formation for All 10 Guiding RAY & <b>IGNITE</b> 10:15 Choral Eucharist 11:30 <b>IGNITE</b> meeting (Instructed Eucharist, 1 of 2)	10 10 SM Garden Club 12 Noonday Prayer 5:30 <b>Be Still</b> in Chapel	11 7:30 BNI 9:30 Art Group 10:30 Wisdom Seekers 11 12-Step in LL 12 Noonday Prayer 12:30 Staff meeting <b>4:30 Parish Council</b> 7 AA in Aud; AlaTeen in LL 7 AIAnon (6 Beginners)	12 12 Noonday Prayer 5 TOPS meeting 6 SinG rehearsal in Aud.	13 Chapel Eucharist 3 Merton Group <b>COMMON GROUND</b> 5-7 Potluck Dinner 5:45 Presentation "Now What?" Matineaux 7 SM Choir rehearsal	14 Office closed <b>Saint Valentine's Day</b> 12 Pray where you are <b>5-7 Souper Supper</b> 5:30 Alanon <b>7 Classic Cinema</b> 	15
<b>16 Sixth Sunday of Epiphany</b> 8 Contemplative Eucharist 9:30 Formation for All 10 Guiding RAY classes 10:15 Choral Eucharist (Instructed Eucharist, 2 of 2)	<b>17 Office Closed for President's Day</b>  12 Pray where you are 5:30 <b>Be Still</b> in Chapel	<b>18 7:30 BNI</b> <b>8:30-11 St. Elizabeth's</b> 9:30 Art Group 10:30 Wisdom Seekers 11 12-Step in LL 12 Noonday Prayer 12:30 Staff meeting 6 Schola rehearsal 7 AA in Aud; AlaTeen in LL 7 AIAnon (6 Beginners)	19 12 Noonday Prayer 5 TOPS meeting 6 SinG rehearsal in Aud. 7 PCC board meeting	<b>20 AVE deadline</b> 12 Chapel Eucharist 3 Merton Group <b>COMMON GROUND</b> 5-7 Potluck Dinner 5:45 Presentation Divine Comedy of Dante 7 SM Choir rehearsal	21 Office closed 9 - 5 Lifeline Screening 10-12 and 12:30-2:30 Origami workshops 12 Pray where you are 4 Wedding Rehearsal 5:30 Alanon	22 10-12 & 12:30-2:30 Origami workshops 4:30 non-SM Wedding
<b>23 Last Sunday of Epiphany</b> 8 Contemplative Eucharist 9:30 Formation for All 10 Guiding RAY & <b>IGNITE</b> 10:15 Choral Eucharist <b>4 - 6 Shrove Sunday Pancake Dinner &amp; Contra Dance</b>	24 12 Noonday Prayer 5:30 <b>Be Still</b> in Chapel	25 7:30 BNI 9:30 Art Group 10:30 Wisdom Seekers 11 12-Step in LL 12 Noonday Prayer 12:30 Staff meeting 6 Schola rehearsal 7 in Aud; AlaTeen in LL 7 AIAnon (6 Beginners)	<b>26 Ash Wednesday</b> 12 Ash Wed liturgy 4 Ash Wednesday for Families & Youth 6 Ash Wed liturgy with music 5 TOPS meeting 6 SinG rehearsal in Aud.	<b>27 Noonday Prayer</b> 3 Merton Group <b>COMMON GROUND</b> 5-7 Ice Skating at Twombly Pond 6 Dowisers in GR 7 SM Choir rehearsal	28 Office closed 12 Pray where you are <b>5-7 Souper Supper</b> 5:30 Alanon	29 

Marine Corps

away with

Fr. Nathan



## THE EPISCOPAL CHURCH OF SAINT MARY

43 Foreside Road  
Falmouth, ME 04105  
207-781-3366 [www.smary.org](http://www.smary.org)



### Our Worship Schedule

#### Sunday worship

8 AM - *Contemplative Eucharist*  
9:30 - 10AM *Formation for All*  
10:15AM - *Choral Eucharist*

#### MONDAY - WEDNESDAY

Noon Day Prayer in the Chapel  
or wherever you find yourself

#### THURSDAYS

12NOON - *Chapel Eucharist*

## CELEBRATE & HONOR & SERVE

### THE EPISCOPAL CHURCH OF SAINT MARY

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Falmouth, Maine 04105  
Tel: 207-781-3366

E-mail: [smary@smary.org](mailto:smary@smary.org)  
Website: [www.smary.org](http://www.smary.org)

The Rev. Nathan Ferrell, *Rector*  
[nathanferrell@smary.org](mailto:nathanferrell@smary.org)

The Rev. Christine Bennett, *Deacon*  
[deacab@maine.rr.com](mailto:deacab@maine.rr.com)

Bruce S. Fithian, *Organist & Choirmaster*  
[bsfithian@aol.com](mailto:bsfithian@aol.com)

Megan Akers, *Director of Christian Formation*  
[GuidingRAY@smary.org](mailto:GuidingRAY@smary.org)

Beth Shaw, *Parish Manager*  
[admin@smary.org](mailto:admin@smary.org)

**Office Hours:** Monday - Thursday  
9:00 am to 4:30 pm

Copy deadline March AVE, Feb. 20

### YOUR 2020 SAINT MARY'S VESTRY

Nathan Ferrell, Rector, 310-0268, [nathanferrell@smary.org](mailto:nathanferrell@smary.org)

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Aaron Splint, Jr. Warden, 838-2708, [asplint@yahoo.com](mailto:asplint@yahoo.com)

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